

# **Pumpkin Pie**

From the National Heart, Lung, and Blood Institute

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=13&cId=12&rId=195&aspxAutoDetectCookieSupport=1>

## **Ingredients**

### **For the pie crust:**

- 1 C quick-cooking oats
- ¼ C whole wheat flour
- ¼ C ground almonds
- 2 Tbsp brown sugar
- ¼ tsp salt
- 3 Tbsp vegetable oil
- 1 Tbsp water

### **For the pie filling:**

- ¼ C packed brown sugar
- ½ tsp ground cinnamon
- ¼ tsp ground nutmeg
- ¼ tsp salt
- 1 egg, beaten
- 4 tsp vanilla
- 1 C canned pumpkin
- ⅔ C fat-free evaporated milk

## **Instructions**

1. Preheat oven to 425 °F.
2. Make the pie crust: Mix oats, flour, almonds, sugar, and salt together in small mixing bowl.
3. In a separate bowl/measuring cup, blend the oil and water together with a fork or small wire whisk, until emulsified (fully blended).
4. Add the oil mixture to the dry ingredients, and mix well. If needed, add a small amount of water to hold the dough together.
5. Work the dough into a disk shape, and roll on a lightly floured surface into a 12-inch circle.
6. Press into a 9-inch pie pan and bake for 8-10 minutes, or until light brown.
7. Turn down oven to 350 °F.
8. Make the filling: Mix sugar, cinnamon, nutmeg, and salt together in a bowl.
9. Add eggs and vanilla, and mix to blend ingredients.
10. Add pumpkin and milk, and stir to combine.
11. Pour into prepared pie shell. Bake for 45 minutes or until a knife inserted near center comes out clean.

**Makes 9 servings**

## **Nutrition information per serving**

Calories: 177	Dietary Fiber:
Total Fat: 8 g	Sodium: 153 mg
Saturated Fat: 1 g	Protein:
Cholesterol: 24 mg	Carbohydrates:

